

# Announcing a training opportunity from the Ellyn Satter Institute

## Helping Children Eat and Grow Well in Early Childhood

This training will be offered three times across Montana in Bozeman, Billings and Missoula. All of the sessions are identical and offered at no charge, but pre-registration is required. Participants can receive 6 hours of professional education credits from the MSU, Early Childhood Project.

### Dates and Locations (8:30 am—4:00 pm):

- **Bozeman: Tuesday, June 17, 2014\*** MSU Strand Student Union; Registration deadline: June 10, 2014
- **Billings: Thursday, October 9, 2014\*\*** MSU-Billings Petro Theater; Registration deadline: October 2, 2014
- **Missoula: Saturday, April 25, 2015\*\*\*** Holiday Inn Missoula Downtown; Registration deadline: April 17, 2015

### Training Description:

Positive mealtimes contribute to children's emotional health and behavior and shape life-long relationships with food. This training will provide participants with knowledge and practical guidelines for helping young children become competent eaters. Learn simple strategies to make mealtimes easier and more enjoyable for children and adults by following Satter's "Division of Responsibility" in feeding. Case examples highlight feeding opportunities and challenges, engage participants in solving feeding problems, and include diplomatic approaches with parents on feeding children. Participants will discover the powerful contribution that well-managed feeding makes to raising a happy, healthy, and active child.

Register for this free training at the Child and Adult Care Food Program website:

[www.bestbeginnings.mt.gov>CACFP](http://www.bestbeginnings.mt.gov>CACFP)



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## Presenter Information:

**Pam Estes MS RD CD**, Clinical Faculty member of the Ellyn Satter Institute (ESI) since 2001, teaches others in applying Satter's Feeding Dynamics and Eating Competence models. Pam's sixteen years of experience working within the models to bring the joy back to eating and the fun back to feeding informs her ability to train others. Pam has done extensive training with child care personnel and consultants, Head Start teachers, and parents. Her piloting of tools measuring positive feeding practices demonstrates how an assessment of feeding dynamics guides nutrition education and increases counseling satisfaction. Estes's work experience includes both early childhood and adult venues: WIC, Extension, Early Intervention for Children with Special Health Care Needs, and Health Risk Management.

Pam Estes will be supported in doing the presentation by Carol Danaher, MPH, RD and accompanied by Anne Blocker, MS, RDN, LD, CDE. Both Danaher and Blocker are ESI faculty members and will act as resources for our learning community.

For more information about the Ellyn Satter Institute: <http://www.EllynSatterInstitute.org/>

## Sponsors:

Montana Team Nutrition Program, Montana State University in cooperation with the Child and Adult Care Food Program, Montana Department of Public Health and Human Services, Early Childhood Services Bureau. This program is funded by a USDA Team Nutrition Training grant awarded to the Montana Office of Public Instruction.

## For More Information:

Please contact the Child and Adult Care Food Program

(406) 444-1788

OR

[dedgar@mt.gov](mailto:dedgar@mt.gov)

*\*Bozeman session is part of the 2014 Montana Behavioral Initiative Summer Institute.*

*\*\*Billings session is part of the 2014 Montana Association of Educators for Young Children Conference.*

*\*\*\*Missoula session is hosted by Child Care Resources, Inc.*

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